Temperature

Measuring temperature in metric

The degree Celsius

- In metric, the everyday measurement of temperature is the degree Celsius Celsius is the same as Centigrade. It is written **°C** and spoken of as degree C.

- The boiling point of water is 100 °C and the freezing point is 0 °C

- Temperatures below freezing (0 °C) have a minus sign. A cold winter night is −5 °C

Weather

- Some useful points are :

Heatwave	30 °C
Warm	20 °C
Very mild winter day Cool summer day	15 °C
Cool	5 °C
Freezing	0 °C
Cold winter night	−5 °C

Body temperature

- Normal human body temperature in metric is 37 °C. This corresponds to 98.4 °F.

Room heating

- For central heating, bedroom temperatures are usually 18 °C and living-room temperatures 22 °C.

A table of oven temperatures is overleaf.

Cooking

- This table compares oven thermostats marked in °C with those marked in °F and with gas marks. These are actual dial markings and not conversions.

°C	°F	gasmark
290	550	
270	525	
260	500	
240	475	9
230	450	8
220	425	7
200	400	6
190	375	5
180	350	4
160	325	3
150	300	2
140	275	1
120	250	½
110	225	¼
100	200	Low
80	175	
70	150	

The table is based on information given by British Gas and the Electricity Council.

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